

PARAME

FRENCH RESTAURANT

LUNCH MENU

SERVED FROM NOON TO 3PM

APPETIZERS

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| SOUP DU JOUR | \$9 |
| ESCARGOT DE BOURGOGNE IN RED POTATOES | \$12 |
| PORTOBELLO MUSHROOM WITH MOZZARELLA | \$11 |
| BABY OCTOPUS WITH WHITE BEANS | \$14 |
| JONAH CRAB CAKES WITH REMOULADE SAUCE | \$12 |
| SMOKED SALMON WITH HONEY MUSTARD | \$14 |
| SHRIMP COCKTAIL, CLASSIC SAUCE AU RAIFORT | \$12 |

LES OMELETTES

(4-egg omelets are served with a mixed green salad, egg whites only +\$3)

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| OMELETTE RATATOUILLE WITH EGGPLANT, ZUCCHINI AND TOMATO | \$14 |
| OMELETTE PAYSANNE WITH ONIONS HAM, POTATOES AND PARSLEY | \$14 |
| OMELETTE AU FROMAGE WITH GRUYERE | \$14 |
| OMELETTE AUX CHAMPIGNONS WITH ONION | \$14 |

LES HAMBURGERS

(Our Angus Beef hamburgers are served with French Fries)

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| STEAK HACHE WITH SHALLOT/MUSHROOM | \$14 |
| ALL-AMERICAN WITH TOMATO, ONION | \$14 |
| ADD BACON AND OR CHEESE | |

LES SALADES

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| MIXED GREEN SALAD WITH HOUSE VINAIGRETTE | \$9 |
| BEEF SALAD WITH CHEVRE CHANTILLY | \$10 |
| ASPARAGUS AGED PORT VINAIGRETTE | \$9 |
| TOMATO, MOZZARELLA, BASIL, AGED BALSAMIC | \$11 |
| CAESAR SALAD, DRESSING MAISON | \$9 |

LES SANDWICH

(Sandwiches are served on pressed Baguette or whole wheat bread with a green salad)

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| NOVA SCOTIA, SMOKED SALMON WITH CAPERS AND ONIONS | \$15 |
| ORGANIC GRILLED CHICKEN BREAST WITH AVOCADO AND REMOULADE DRESSING | \$14 |
| COUNTRY PATE WITH CORNICHONS | \$14 |

LES PATES

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| PENNE WITH SHRIMP OR CHICKEN A LA VODKA | \$16 |
| PENNE AUX CHAMPIGNONS | \$15 |
| SPAGHETTI SIRLOIN BOLOGNESE | \$18 |
| LOBSTER RAVIOLI WITH LIGHT CREAM SAUCE | \$22 |

NOS ENTREES

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| NORDIC STYLE SCRAMBLED EGGS WITH SMOKED SALMON AND BABY GREENS | \$18 |
| ORGANIC CHICKEN BREAST WITH COMPOTE D'AUBERGINES, PINE NUTS, THYME | \$18 |
| CHICKEN PAILLARD ON A BED OF BABY GREEN SALAD | \$17 |
| CAESAR SALAD MAISON WITH GRILLED CHICKEN OR SHRIMP | \$18 |
| NIMAN RANCH PORK SCALLOPINI WITH MUSHROOM CREAM SAUCE | \$19 |
| SAUTÉED COD FISH A LA NICOISE, FRESH TOMATO FONDANT, POTATO PAILLASSON | \$20 |
| ATLANTIC SALMON, LEMON RIND WITH PIPPERADE AND BEET COULIS | \$22 |
| WILD TILAPIA WITH ALMONDS, VIN BLANC AND THYME OIL | \$17 |
| SAUTÉED SHRIMP AU BENGAL CURRY ON BED OF RICE | \$20 |
| BOUILLABAISSE WITH SHRIMP, COD, CLAMS, MUSSELS, AND | |
| SEAFOOD IN BROTH WITH GARLIC AIOLI | \$23 |
| NEW YORK SHELL STEAK AU CONFIT D'ESHALOTTES AND SAUCE BORDELAISE | |
| WITH FRENCH FRIES | \$26 |

SIDE DISHES WITH MAIN COURSE \$4

RATATOUILLE - BROCCOLI - HARICOTS VERTS - ASPARAGUS - FRENCH FRIES - MIXED VEGETABLES - RICE

PLEASE LET YOUR SERVER KNOW IF YOU ARE IN A HURRY AND IF YOU HAVE ANY FOOD ALLERGIES